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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Sneaky Me Time

By Tracy Lyn Moland

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Me Time - have you heard of it? We hear of it all the time on TV or in articles. It is time alone and it is wonderful. Ideally, we should have about one hour a day of Me Time. But, let's be totally realistic, as a Mother, there will be times when Me Time is impossible to find, much less schedule. Of course, these will be days when we are desperate for it, so I say, "Let's be sneaky!" See if you can try a version of one of the suggestions below to sneak in some Me Time.

§Keep books on tape in the car with you. They can be novels, inspirational or even a new language. If you are in traffic or spending a few hours as a taxi Mom, turn it into Me Time by listening to a tape.

§Carry books, magazine articles, your journal or your favorite craft with you all the time. You can transform waiting time into Me Time.

§Adjust your attitude and enjoy doctor, dentist and other appointments. Find at least one positive in the experience – you are alone, you get to lie down, or you may be able to read! Although, I won't go as far as to say a root canal will be fun!

§Rather than run errands in a panic, rushing to get it over – enjoy what you are doing. Take five minutes to look through magazines, browse through the knick-knack store, or stop for a coffee.

§Finally, offer to do one of the family chores - clean up the kitchen, clean a bathroom, wash clothes - ALONE. Light your favorite candles, put on some music, and have a cup of tea or a glass of wine!

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**Discover The Sneaky Google Adwords Trick That Will Cut Your Advertising Budget in Half,
Skyrocket Your CTR and Give You Even More Targeted Leads!**

By Mark Meyers

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<http://www.Internet-Income-Advisor.com>

So you use Google Adwords and you are driving great targeted traffic to your site!

And your results are good or even great.

You have the important books and courses that teach you all about how to be a Google Adwords master.

You may even have read my recent Google Adwords articles:

<http://www.Internet-Income-Advisor.com/Latest-News.html>

Now you are looking for ways to make it even more profitable, right?

Would you like to know a sneaky little trick that will cut your advertising budget in half, sky rocket your CTR and give you even more targeted leads?

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Sorry what was that?

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Well for only \$297...

Na just kidding... :)

Here it is:

When do your prospects go to Google and search for information?

When they want that information right!

Sneaky Me Time

But what time of day is that usually?

Is it between 9:00am and 5:30pm when they are quickly searching around (hoping that the boss doesn't notice them on the internet)?

Is it between 5:30pm and 10:30pm when they are surfing around not sure if they want to check out a few sites or watch TV?

Or is it some other time?

To tell you the truth I don't know the answer for your prospect. You'll have to find that out by testing.

Once you find that out, stand back, because you now know the absolute best time to get your ad in front of your prospects.

And if this time happens to be before 9:00am or after 5:30pm you have a really good chance of getting better ad positioning, a higher CTR and all for a lower cost.

Let me explain...

With Google Adwords you set a daily budget which the Adwords system stays within (well usually :)) right! To stay within this budget Adwords will manage how many times your ad comes up (ie. your impressions) during the day.

Now, a lot of people surf the internet from 9:00am to 5:30pm, and there are a lot of Google searches during this time. In fact there are so many searches that your entire impression base could nearly be exhausted in this time frame.

An example:

1. Your ad is shown (with all the other advertisers) 1,000 times from 9:00am to 5:30pm
2. But let's say your real prospect, the person who is literally starving for your product or service, goes on to Google at 10:30pm and starts searching.
3. What if your ad was not showing just when your prospects needs it the most.

To ensure that this does not happen, you have to know the time when most of your hot prospects are looking for the solution you provide. Then just pause your campaign for the other times during the day.

What will this do?

1. Your ad will only show during the hours when your main prospect is looking for it.
2. Your competitors probably don't know this, so their daily impressions will be nearly exhausted, and at least not showing as often. This will give you...
3. A higher placement, and;
4. More prospects (a better CTR), and;

5. All for a lower cost (less competition).

So all you have to do is figure out the time.

Then you win.

I hope this helps you maximize your Google Adwords success.

Have a great day!

Mark Meyers

Mark Meyers is an internet marketing expert, writer, publisher and entrepreneur. In his newsletter "The Internet Income Advisor" he cuts-to-the-chase and gives you ideas and opportunities for earning a nice income online. Why not grab a free copy of his breakthrough new book: "Reliable Monthly Income" <http://www.Internet-Income-Advisor.com>



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